



Complete these unfinished sentences:

If I expressed who I really am _____

When I was a child I couldn't express myself because _____

They always said I was too _____

That made me feel _____

That made me think I was _____

Thinking that way about myself made me feel _____ (feelings)

And ever since, I have been _____ (limiting behaviors, body symptoms)

But what I really yearn for is _____
